



Online Round 2 - Japanese Noodle Bowl

 **Gluten Free**  **Dairy Free**

READY IN



11 min.

SERVINGS



2

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 inch ginger fresh peeled finely chopped
- 1 teaspoon garlic chopped
- 29 ounce reduced sodium chicken broth canned
- 0.3 cup reduced sodium soy sauce
- 1 scallion sliced
- 0.5 pound noodles reserved from the hibachi steak recipe
- 2 cups reserved steak and vegetables from hibachi steak recipe

Equipment

- bowl
- sauce pan

Directions

- In a saucepan over medium heat, add the chicken broth, soy sauce, garlic, and ginger and bring it to a simmer.
- Add the noodles and cook for 1 minute.
- Add the beef and vegetables and cook for another 2 minutes. Divide the noodle mixture between 2 bowls and serve hot, garnished with the sliced scallion.

Nutrition Facts

PROTEIN 39.54% **FAT 56.68%** **CARBS 3.78%**

Properties

Glycemic Index:38.5, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:35.182173811871%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 816.77kcal (40.84%), Fat: 52.08g (80.12%), Saturated Fat: 22.77g (142.29%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.38g (2.68%), Sugar: 0.86g (0.96%), Cholesterol: 213.49mg (71.16%), Sodium: 1454.14mg (63.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.74g (163.49%), Zinc: 18.66mg (124.41%), Selenium: 85.81µg (122.59%), Vitamin B3: 23.18mg (115.89%), Vitamin B12: 6.22µg (103.68%), Vitamin B6: 1.51mg (75.61%), Phosphorus: 685.03mg (68.5%), Vitamin B2: 1.04mg (61.35%), Iron: 7.43mg (41.29%), Potassium: 1429.89mg (40.85%), Copper: 0.51mg (25.48%), Magnesium: 101.55mg (25.39%), Vitamin B1: 0.33mg (21.82%), Vitamin K: 17.7µg (16.85%), Manganese: 0.17mg (8.59%), Folate: 28.51µg (7.13%), Calcium: 57.68mg (5.77%), Vitamin D: 0.35µg (2.33%), Vitamin A: 112.45IU (2.25%), Vitamin C: 1.64mg (1.99%), Fiber: 0.43g (1.71%), Vitamin B5: 0.12mg (1.17%), Vitamin E: 0.17mg (1.11%)